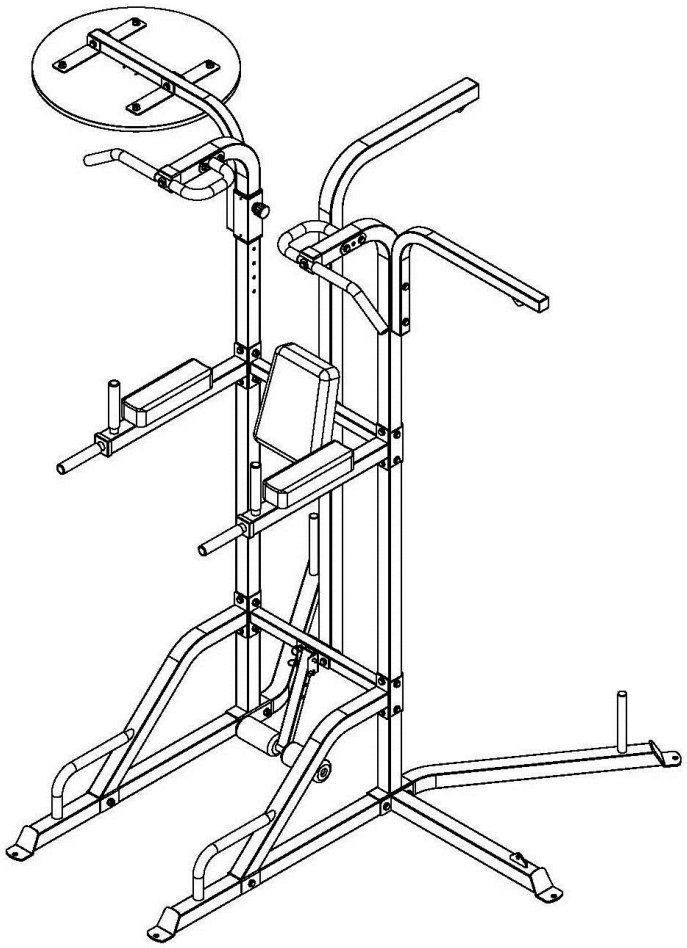
OWNER'S MANUAL AFG-BRPTC

Boxing Bag Rack with Power Tower Combo



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

ASSEMBLY MANUAL

ADVANCED FIGHT GEAR-BOXING BAG RACK WITH POWER TOWER COMBO

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if your experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

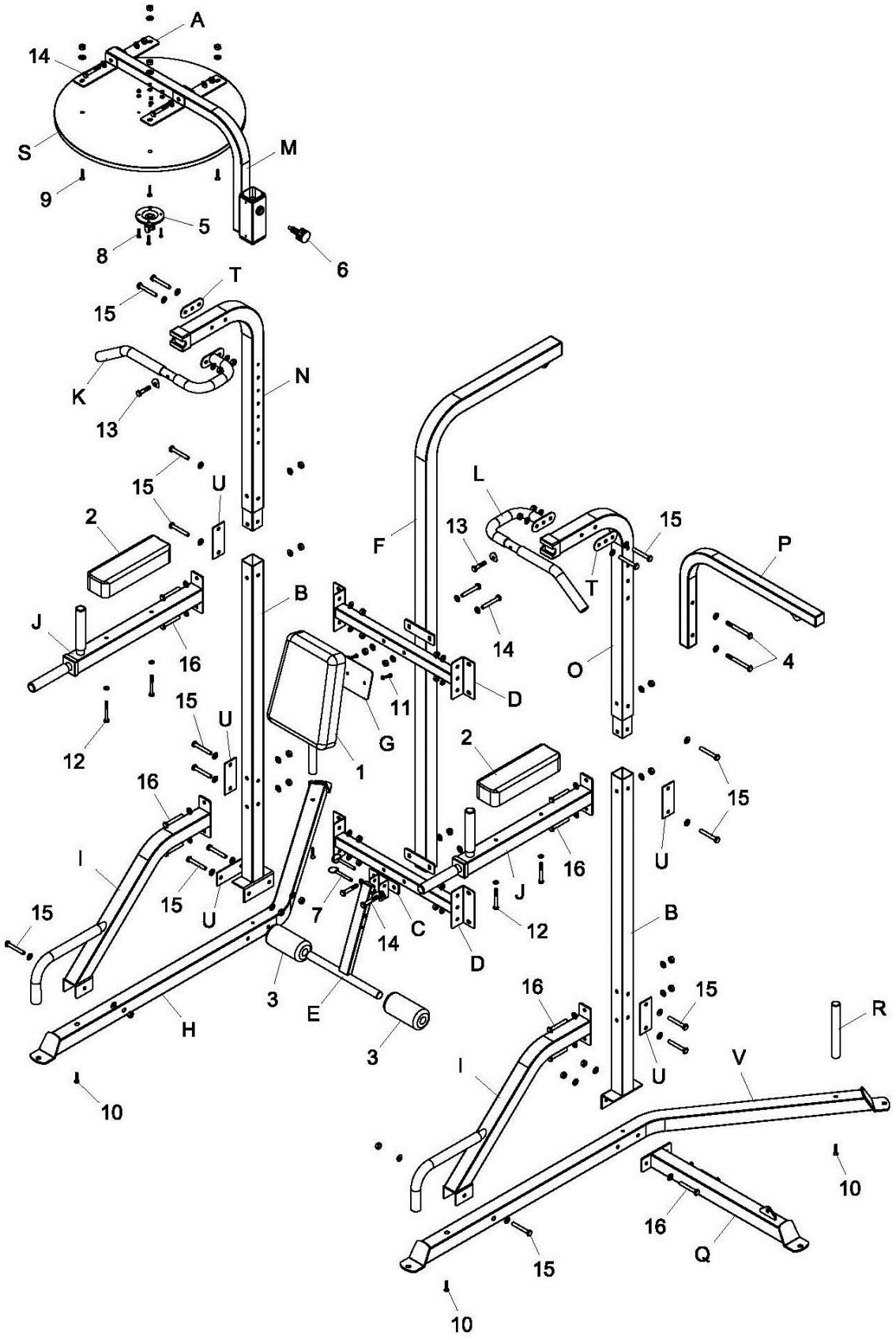
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

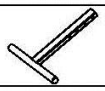
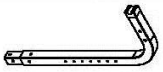
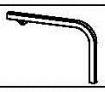
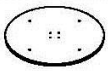
AFG ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

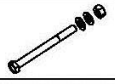
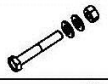
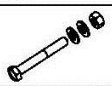
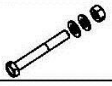
SAVE THESE INSTRUCTIONS.

EXPLODED DIAGRAM

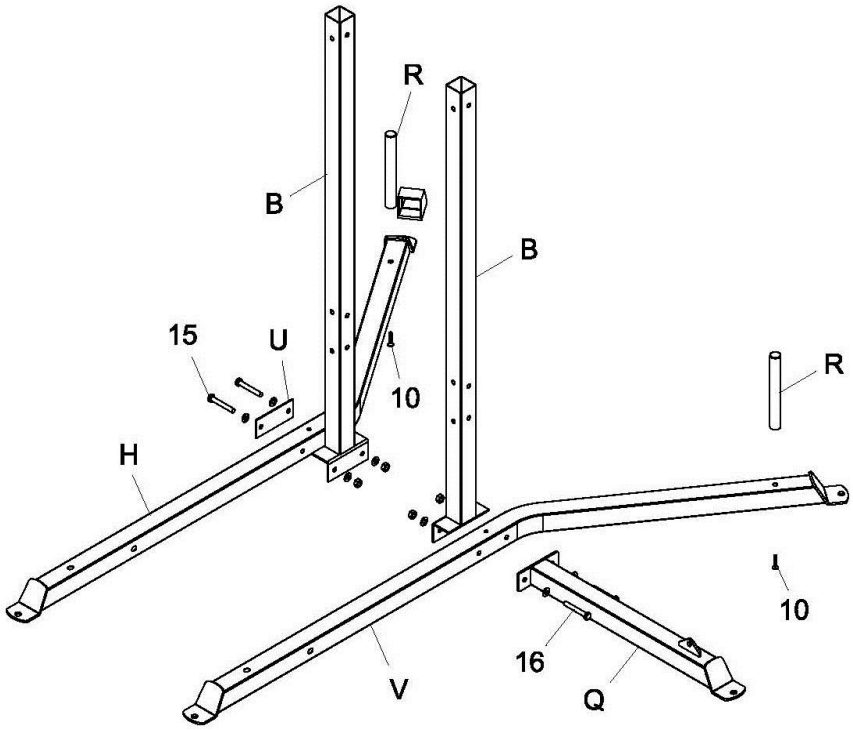


PARTS LIST

NO.	PICTURE	Q'TY	DESCRIPTION
A		4	JOINT PLATE
B		2	DOWN UPRIGHT SUPPORT
C		1	CONNECTION BLOCK
D		2	CONNECTION TUBE
E		1	FOAM ROLLER SUPPORT
F		1	REAR SUPPORT
G		1	BACKREST SUPPORT
H		1	LEFT MAIN BASE
I		2	DIAGONAL SUPPORT
J		2	ARM REST SUPPORT
K		1	LEFT BAR
L		1	RIGHT BAR
M		1	SPEED BALL SUPPORT
N		1	LEFT UPRIGHT SUPPORT
O		1	RIGHT UPRIGHT SUPPORT
P		1	RIGHT BEND TUBE
Q		1	RIGHT BASE
R		2	PLATE BAR
S		1	SPEED BALL BOARD
T		2	ROUNDED EDGES PLATE
U		5	PLATE

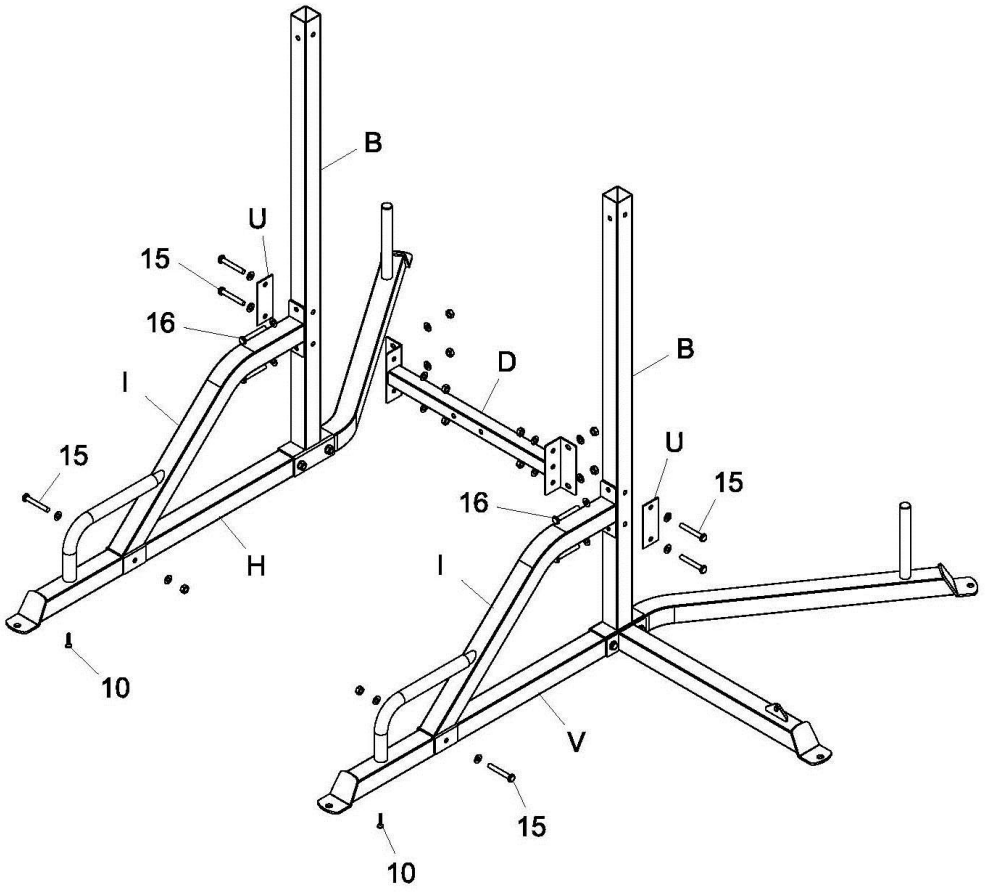
NO.	PICTURE	Q'TY	DESCRIPTION
V		1	RIGHT MAIN BASE
1		1	BACKREST
2		2	ARMREST
3		2	FOAM ROLLER
4		2	BOLT M10*100 + TWO WASHERS + NUT
5		1	SPEED BALL FIXER
6		1	FAST PIN
7		2	PIN
8		4	CROSS HEAD BOLT M5*30 + WASHER + NUT
9		4	CROSS HEAD BOLT M10*30 + WASHER + NUT
10		4	CROSS HEAD BOLT M10*70
11		2	BOLT M8*20 + WASHER
12		4	BOLT M8*70 + WASHER
13		2	BOLT M10*45 + ARC-WASHER
14		6	BOLT M10*60 + TWO WASHERS + NUT
15		16	BOLT M10*70 + TWO WASHERS + NUT
16		10	BOLT M10*75 + TWO WASHERS + NUT

STEP 01



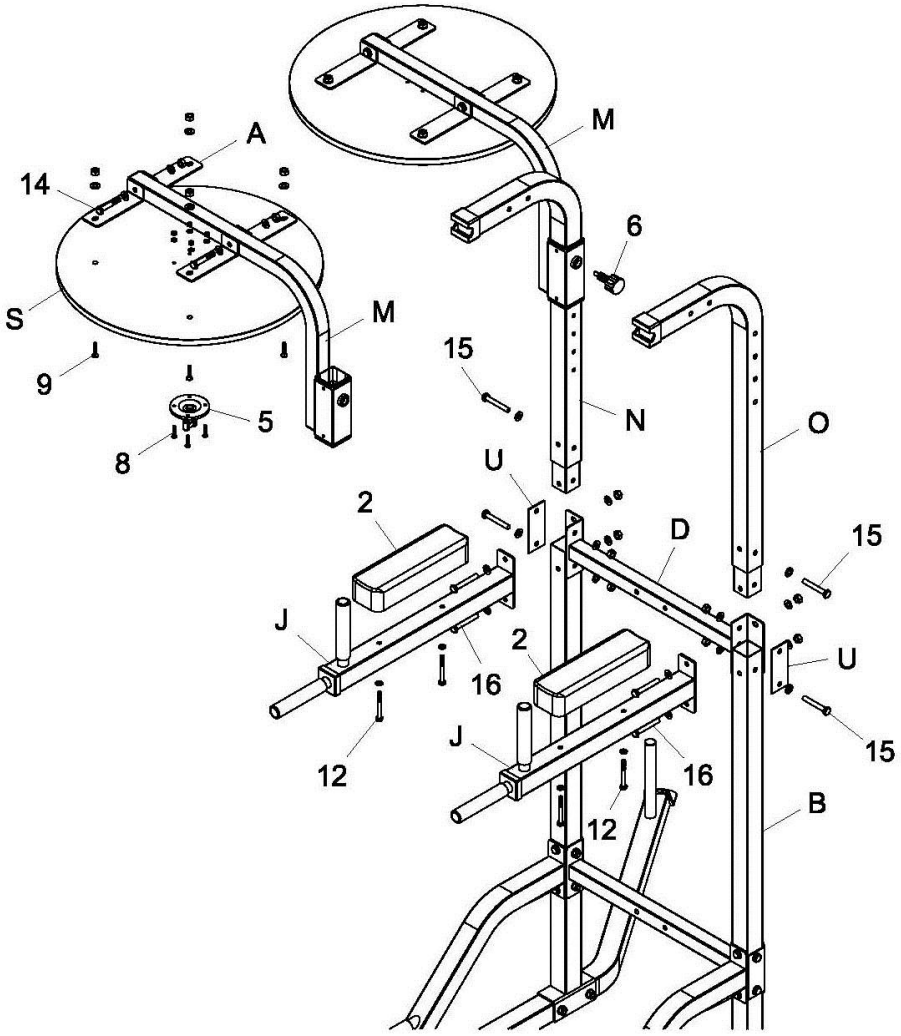
1. Attach the plate bar (R) to the left and right main base (H, V). Secure them with screw (10).
2. Attach the down upright support (B) and plate (U) to the left main base (H). Secure them with screw assembly (15).
3. Attach the down upright support (B) and right base (Q) to the right main base (V). Secure them with screw assembly (16).

STEP 02



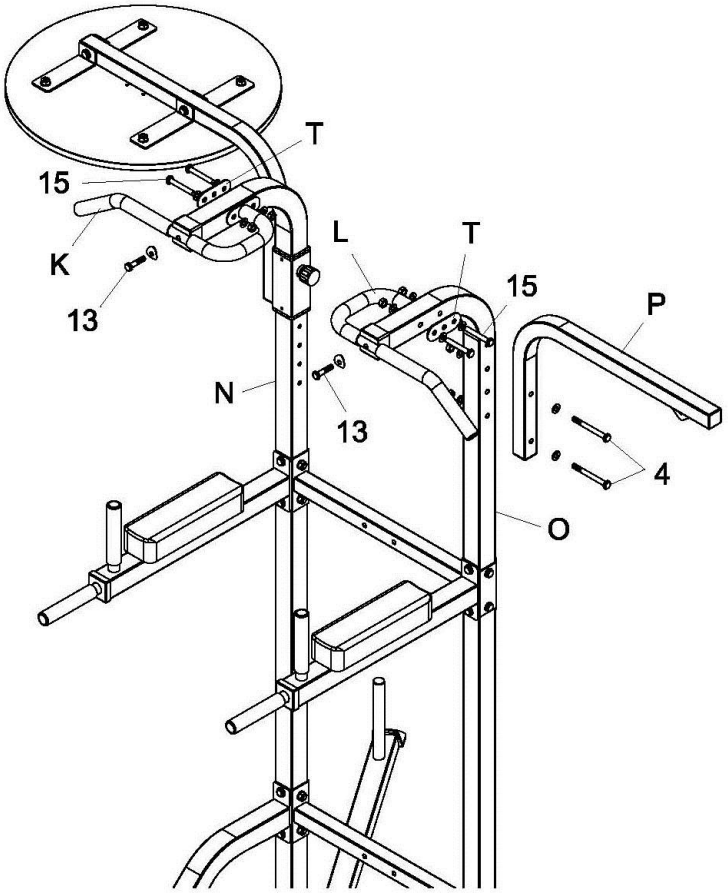
1. Attach connection tube (D) and plate (U) to main base (H). Secure them with screw assembly (15).
2. Attach the diagonal support (I) to the down upright support (B). Secure them with screw assembly (16).
3. Attach the diagonal support (I) to the main base (H, V). Secure them with screw assembly (15) and (10).

STEP 03



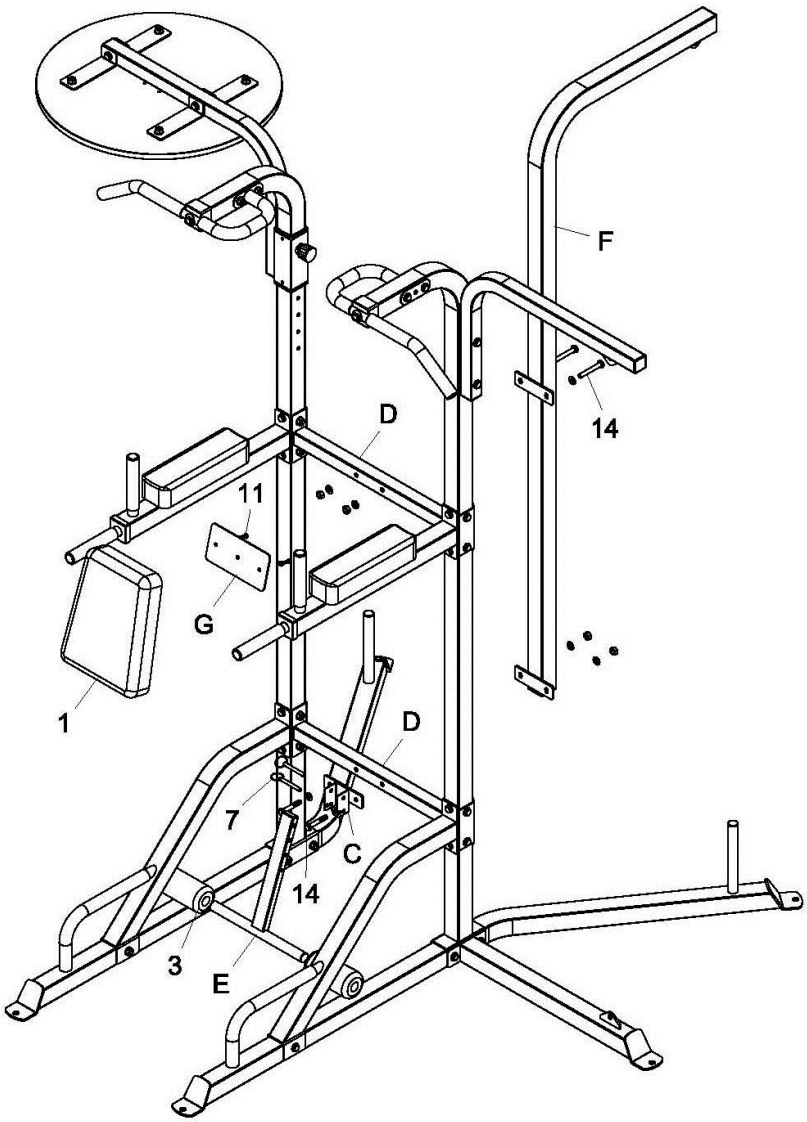
1. Attach joint plate (A) to speed ball support (M). Secure them with screw assembly (14).
2. Attach the speed ball fixer (5) to the speed ball board (S). Secure them with screw assembly (8).
3. Attach the speed ball board (S) to the joint plate (A). Secure them with screw assembly (9).
4. Slide the speed ball support (M) onto left upright support (N). Secure them with fast pin (6).
5. Insert left upright support (N) and right upright support (O) into port of down upright support (B).
6. Attach the connection tube (D) and plate (U) to down upright support (B) and upright support (N&O). Secure them with screw assembly (15).
7. Attach armrest (2) to arm rest support (J). Secure them with screw assembly (12).
8. Attach arm rest support (J) to down upright support (B) and upright support (N&O). Secure them with screw assembly (16).

STEP 04



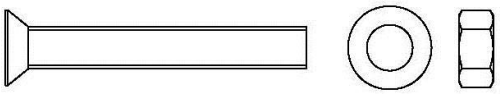
1. Attach left bar (K) and rounded edges plate (T) to left upright support (N). Secure them with screw assembly (15) and (13).
2. Attach right bar (L) and rounded edges plate (T) to right upright support (O). Secure them with screw assembly (15) and (13).
3. Attach the right bend tube (P) to the right upright support (O). Secure them with screw assembly (4).

STEP 05

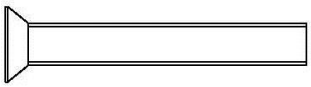


1. Attach the connection block (C) and rear support (F) to down connection tube (D). Secure them with screw assembly (14).
2. Attach the backrest support (G) and rear support (F) to up connection tube (D). Secure them with screw assembly (14).
3. Attach backrest (1) to the backrest support (G). Secure them with screw assembly (11).
4. Slide foam roller (3) onto each side of foam roller support (E).
5. Attach the foam roller support (E) to connection block (C). Secure them with pin (7).

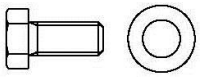
#8 M5 × 30 Cross Head Bolt + Washer + Nut (Qty 4)



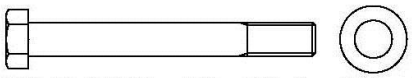
#9 M10 × 30 Cross Head Bolt + Washer + Nut (Qty 4)



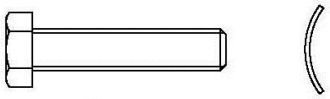
#10 M10 × 70 Cross Head Bolt (Qty 4)



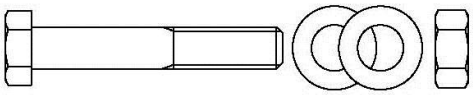
#11 Bolt M8 × 20 + Washer (Qty 2)



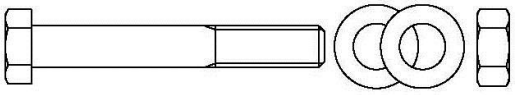
#12 Bolt M8 × 70 + Washer (Qty 4)



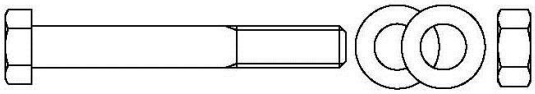
#13 Bolt M10 × 45 + Arc-Washer (Qty 2)



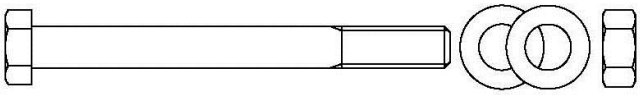
#14 Bolt M10 × 60 + Washers + Nut (Qty 6)



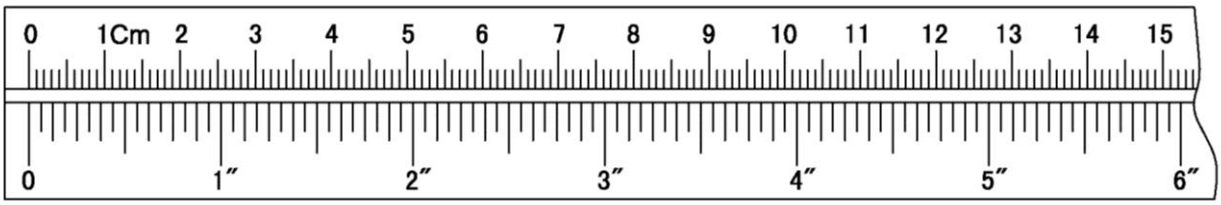
#15 Bolt M10 × 70 + Washers + Nut (Qty 16)



#16 Bolt M10 × 75 + Washers + Nut (Qty 10)



#4 Bolt M10 × 100 + Washers + Nut (Qty 2)



WARRANTY

1 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

ADVANCED FIGHT GEAR, was designed to be the best value Fight Equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of ADVANCED FIGHT GEAR strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The ADVANCED FIGHT GEAR range of strength equipment carries a Lifetime Structural Warranty along with 1 year cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This ADVANCED FIGHT GEAR warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. The replacement or repair provided for under the ADVANCED FIGHT GEAR warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. ADVANCED FIGHT GEAR will not be liable for any consequential damages or for breach of any implied warranty on the range of ADVANCED FIGHT GEAR strength equipment. ADVANCED FIGHT GEAR reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the ADVANCED FIGHT GEAR product.